

Greenwich Health Dept. / First Congregational Church
START 2005 ARMED WITH STRATEGIES FOR A NEW YOU!!

Barbara Schmidt MS, RD, CDN, Certified Nutritionist and Registered Dietitian will host a **FREE** four-part program.

EAT WELL - LIVE WELL

Learn how to strengthen your body's defenses against infection, reduce your risk of heart disease, cancer and osteoporosis. Find out how to increase your resistance to stress and enhance your energy to enjoy life through a proper balance of exercise and nutrition. Please join us for this informative series.

Topics to be covered include:

Heart Smart

Weighing the Facts about Weight Control

Low Carb - Right Carb - The Fiber Connection

Grocery Shopping Tour

Boning Up on Calcium

Tuesdays April 26, May 3, 10 & 17, 2005

6PM - 8PM

Come join us at:

First Congregational Church

108 Sound Beach Avenue

Old Greenwich CT

CALL 622-7850 TO REGISTER



The program is sponsored by the Greenwich Department of Health co-sponsored by the First Congregational Church of Old Greenwich.

Supported by a grant from the State Department of Public Health